

# **Beef Bits, Egg, Mushrooms, and Onions Scramble**

This dish uses bits of beef, rather than ground beef, creating a harsher texture. Prepare the meat the night before, to allow the chopped beef bits to marinate in the egg batter, making them softer and easier to chew. A change of pace from the daily egg fare, it lends itself to an accompaniment of vegetables. Bits of broccoli, corn, peas, and carrots add a magnitude of texture, color, and flavor for days when plainer scrambles seem dull. Use a contrasting color chopping board. Various left over steaks can be used, even those that have had barbecue sauce on them.

## **Pre Cook Preparation:**

**Marinate: No**

**A. Timer set to thaw meat for about 2 hours**

**B. Timer set to the time to begin preparation prior to cooking**

**C. Stay with meal to stir frequently**

## **Meal Adaptations:**

### **Physical Accommodations:**

**Cut meat into bite sized pieces before sitting down**

**Frozen or canned vegetables can be used**

**Long oven mitts and oven rack puller**

**Sit on a stool while stirring**

### **Visual Accommodations:**

**Colored chopping boards**

## **Potential Food Allergy or Intolerance:**

**Beef**

**Butter (lactose)**

**Chicken**

**Eggs**

**Mushrooms**

**Onions**

**Pepper**

**Spices**

**Turkey**

**Meatless Preparation Avoid:****Beef****Butter****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Paring knife****Spatula****Spoon****Pan: 8 inch frying pan****Ingredients:****Meat: Choose 2 pounds of:****Cubed steak****Flank steak****Skirt steak****Stew beef, or****Stir fry beef****6 eggs****Vegetables:****4 ounces of mushrooms****1/2 cup of chopped onions****Optional:****15 ounces of broccoli****15 ounces of carrots****15 ounces of corn****15 ounces of peas****Other ingredients:****Dash of salt****Spices such as pepper, to taste****Preparation time: 10 to 15 minutes**

**Preparation:****1. Chop:**

4 ounces of mushrooms

1/2 cup of chopped onions

**Optional:**

15 ounces of broccoli

15 ounces of carrots

15 ounces of corn

15 ounces of peas

**2. Chop choice of meat into bite size pieces.****3. Mix ingredients in a bowl.**

You may need additional eggs for additional ingredients.

**4. Fry in pan on medium heat, stirring frequently, until done.**

**Cook Temperature: Medium heat**

**Cook Time: 20 to 30 minutes**

**Servings: 4 to 6**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: \_\_\_\_\_.